



# UCOOK

## Pomegranate & Pearled Barley Salad

with celery & roasted potato

A pearled barley salad loaded with crispy lentils, roasted potato, cucumber, tomato, celery, and onion, tossed in a balsamic dressing. Finished off with lashings of cashew nut yoghurt, and garnished with fresh mint & pomegranate gems. Simply stunning!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Samantha du Toit

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 Veggie

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 Groote Post Winery | Groote Post Chenin Blanc 2022

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## Ingredients & Prep

800g	Potato <i>rinsed &amp; cut into bite-sized pieces</i>
300ml	Pearled Barley <i>rinsed</i>
480g	Tinned Lentils <i>drained &amp; rinsed</i>
1	Onion <i>peeled &amp; finely sliced</i>
80ml	Balsamic Reduction
200g	Cucumber <i>rinsed &amp; cut into half-moons</i>
1	Plum Tomato <i>rinsed &amp; roughly diced</i>
2	Celery Stalks <i>rinsed &amp; roughly sliced</i>
125ml	Cashew Nut Yoghurt
10g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
80g	Pomegranate Gems

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. ROASTED SWEET POTATOES** Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. BEGIN THE BARLEY** Place the rinsed pearled barley in a pot with 1.6L of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 30-35 minutes (stirring occasionally). Drain.

**3. CRISPY LENTILS** Spread the drained lentils on a separate roasting tray, coat in oil, and season. Roast in the hot oven until golden and crispy, 12-15 minutes.

**4. FRY THE ONIONS** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally).

**5. LOADED SALAD** In a salad bowl, combine the balsamic reduction with 60ml of olive oil and seasoning. Toss through the pearled barley, the crispy lentils, the roasted potato, the cucumber half-moons, the diced tomato, the sliced celery, and the golden onion.

**6. CREAMY DRIZZLE** In a small bowl, loosen the cashew nut yoghurt with water in 5ml increments until drizzling consistency.

**7. WHAT A BEAUT!** Bowl up the pearled barley salad. Drizzle over the loosened cashew nut yoghurt. Garnish with the chopped mint. Top with the pomegranate gems. Tuck in, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	423kJ
Energy	101kcal
Protein	3.5g
Carbs	20g
of which sugars	4.7g
Fibre	4.5g
Fat	0.8g
of which saturated	0.2g
Sodium	28mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days